



OUR DAUGHTER ATHLETIC SUMMER GIRL.

GIRLS AS ATHLETES.

THE NEWEST ARE TO EXCEL IN GOLF, FENCING, &c.

Here Are Some Facts for Them—True Way to Drive in Golf—Pointers as to Etiquette—The Correct PARRY—How to Swim on Dry Land.

(Correspondence of the Dispatch.) NEW YORK, May 29.—The summer girl of 1897 is to be distinctly an athlete. She may still cling to the fluffiness of other years when she is indulging in a promenade upon the hotel veranda or along the beach, but this will disappear when the hour for athletics arrives. It is all the outgrowth of the idea that a woman to be thoroughly fashionable must be muscular. The day of the flabby girl has departed.

What particular form will the athletic girl take? This is the question the mothers and fathers of the summer girl have been asking. You can count the branches of the fad on four fingers. Here they are: Golf, fencing, swimming, rowing. There is a strong tendency toward popularizing the fourth in the category named. Well-to-do girls had a "crew" last year that took spins on the river and lake. The gymnastics at the girls' colleges were exceedingly well patronized by the students. Perhaps one might not think it, but very many of those same students are summer girls—the slimmer-pure athlete.

There are a lot of things the summer girl must know to be athletic. It is a girl is really going to enter into outdoor sports, she must be absolutely correct in what she does. Golf is considered a rather muscular game for a woman, and so it is. Not only that, but it is a game that calls for knowledge as well as skill. Take "driving," for instance. In this feature of golf one must cultivate a good style. Style may not be of the great importance which some writers insist on, but who can deny that a good style is a distinct advantage to a summer girl who wishes to become a good player?

This is where the knowledge comes in. To make a good drive the club should be swung firmly with the left hand, the right being used more to guide the direction, the two hands as close as conveniently possible, the left being a few inches from the top of the shaft. Hold the club well down in the palm of the left hand and more in the fingers with the right. The ball should be just opposite the hands—that is, the ball, club, shaft, and hand, and eye should all be in the same vertical plane and the club resting lightly on the heel, should be at an exact right angle with the ball's intended direction of flight. Thus the player's hands will be slightly in advance of an imaginary line drawn vertically down the center of her body. She should stand firm, with her feet about eighteen inches apart, the left toe slightly in advance of the right. The "waggle" consists of a gentle

swaying to and fro once or twice only with the club over the ball, and in the same vertical plane as the arc, which the head of the club ought to describe in the actual stroke. The player should waggle with her wrists only. She should let the club-head rest again for a moment behind the ball before making her upward swing, her left elbow slightly squared, her right at an easy angle, and her hands well down about on a level with her belt. Then she should swing her club back to a horizontal position behind the head, never for a second taking her eye off the ball, allowing the body to turn gently with its weight upon her right foot, raising the left heel slightly off the ground, a perfectly natural motion. She should keep the head of the club perfectly steady, and let her upward and downward swing be practically one motion.

When the young woman comes to fence, she will find the one thing it is necessary for her to pay particular attention to is the parry. The safest advice to give to her is to practice exclusively all the parries excepting, perhaps, the own known as prime, which is difficult to execute, and very little used in foil play. As the young woman becomes more dexterous, she will soon see for herself what guards are the safest to rely upon. Successful parrying depends to a great extent upon a trained instinct which enables one to foresee the direction of the opponent's attack, and upon accuracy and judgment in executing a parry. The important thing for the young woman to remember is that she must not be led off into making her parry too wide, for in fencing, as in everything else, the conservation of energy is vital.

It is easy to see that if, upon her adversary's feint in sixte, the summer girl allows her blade to fly too far out to the right, she will be unable to get it back in time to parry the real thrust in quart. Therefore, she should begin by trying to make parries too narrow, only broadening them when she sees that she is hit too often. At the same time, she should try to avoid moving the arm, using the fingers and wrist almost entirely. The greatest compliment which can be paid a fencer is to say that her finger-play is excellent. This advice, if carefully followed, will give the beginner a grace which will make her the envy of her companions.

When the summer girl has learned all these things carefully, she may be taught to swim, provided she does not know how. The method is worthy of a moment's notice, however, because it teaches one how to swim without entering the water. This is the way it is done. Take a chair without a back and place a padded cushion on the top. On this the pupil balances herself on her stomach. Then the instructor shows her how to work her hands, and when they are all right, her feet, and when the hands and feet can do their part, she makes them both work together in proper time. The pupil stretches out straight from finger tips to toes, palms downward. At the word "one" the hands are quickly turned outward, while the arms are brought around square with the shoulders. At "two" the elbows are close to the side and the hands are brought together between the chin and breast.

At the word "three" the hands are sent out one-half the length of the arm with front to the full length of the arm with energy, and not in a purely passive way.

The legs should be carried well up under the body and outward as much as possible at every stroke. The toes should be pointed upwards towards the shins before each kick. The object of turning the toes up is to get all the advantage possible from them, as it is in the stroke that the power is applied with the flat of the soles. The feet ought to be turned out till the toes are in line with the elbows just before the kick. After a vigorous kick, turn the toes downward and close the legs with a snap, again bringing the soles in use. As the heels meet, the strain which was put upon the feet is turned down the leg and the body is again put on again after the next kick is made.

When the hands and feet can each do their separate parts, they should be made to work together in this fashion: As the legs are being brought up for the kick, all at the word "one." The kick is made as the hands meet the chest, and the sweep with the soles continues the rhythm as the hands are brought to the front in the recovery. By these movements, power is always being applied, either by hands or feet. While the arms are working, the legs are recovering, and vice versa. A half a second ought to elapse before the hands are parted. This will give confidence to the pupil and will keep her from swimming too fast when she makes her first attempt in the water. So much for learning to swim on dry land.

From swimming to rowing is a natural step, and so it is that the summer girl promises to become fairly proficient in sculling. Now sculling is no joke. It is not like sitting down with a pair of oars which fit snugly into rowlocks and will not go overboard if you drop them. It is performed by one person, who sits in the centre of the boat and uses a pair of short oars, technically called sculls, holding one in each hand. In holding the sculls it is a mere matter of feet whether the right hand or the left hand is uppermost, the sculls overlapping, more or less. The great points to be borne in mind are to sit upright, to reach out well over the toes, dropping the body between the knees, which should open out as the arms stretch forward, to get firm hold of the water at the moment of contact, and to lift the boat over the water with the first part of the stroke. The sculls, when not in use, should invariably be flat on the water to preserve the equilibrium of the boat.

The great art in sculling is to pull equally and evenly with both hands, in order to balance the boat and to maintain a straight course, for there being no coxswain, the sculler has to do her own steering. This she accomplishes partly by keeping the stern of her boat pointed straight at some fixed object astern and partly by turning her head, not her shoulders and body, round to the right or left, to enable her to cast her right or left eye, as the case may be, as far along the water front as possible.

All these things must the summer girl of 1897 ponder over. If she faithfully carries out the promise Dame Fashion will require her to make, she will have far less time to spend in flirtation Glen or Engagement Grove.

Jacobs & Levy

will sell to-morrow 500 Children's Suits, at one-half their regular price. Ages, 3 to 8. Be sure not to miss this sale.

CARD FROM CAPTAIN HARRIS.

He Reviews the Facts in Connection with His Delayed Report.

Blackstone, Va., May 21, 1897.

To the Editor of the Dispatch:

The order dissolving the court-martial appointed to try me for failure to mail my quarterly report on the day required by law was received by me through military channel several days ago, and I promptly gave to your correspondent a statement of the facts in the case, as well as my official excuse for delay of report, were given out to the Richmond papers; and for that reason, and the further reason that the official correspondence and orders were not published in full, it is due me and my friends that I make clear the extent of my responsibility for the charges preferred against me, as well as the nature of the offence that I was supposed to be guilty of.

A military quarterly report is one showing the number of officers and enlisted men on the muster-roll, and the attendance at drills during the three months—nothing more. It takes just ten minutes to prepare this report.

General Order No. 1, Brigade Headquarters, directing the colonels of each regiment to place under arrest and prefer charges against any company commander who failed to forward this report on the proper date, was a very peremptory order, but was one applying to each captain in the State service. My colonel had no discretion in the matter. He was directed to execute the order, and advise his next superior headquarters. This he did, and the receipt of the papers preferring charges, etc., was the first information that I had of the mistake my military clerk had made in reading the date for mailing report the 15th instead of the 5th of April. The fact that I had secured the services of an exceedingly competent and reliable officer, and called his attention to the report about the time it ought to have been mailed, made me feel sure that I had taken sufficient caution to avoid any oversight that would have the appearance of disobeying orders. Having been relieved of my command, I could not make an official explanation, but wrote a personal letter to my colonel, which he took the liberty of forwarding to his superior headquarters. I suppose the explanation contained in that letter cleared the matter up.

In order that I might have an opportunity to make an official explanation, but this order was not issued until the court had been appointed, and the news given to the Richmond papers. I then, as directed, forwarded the same explanation over my official signature, and the court-martial was ordered to be dissolved and the matter ended.

I have no reason whatever to believe that there was anything personal in the proceedings, as the officer upon whose request the court is said to have been appointed, and upon whose recommendation it was dismissed, is personally unknown to me. It appears to have been an oversight on the part of some one in not giving me an opportunity to make an explanation, which was afterwards deemed

satisfactory, in time to escape the

There was nothing in General Order No. 1 about court-martials. Of course, my superior officers have a right to court-martial me without warning, and upon any grounds they see fit, but it in addition to the penalty set forth in General Order No. 1, it had stated that a court-martial was an inevitable result of a failure of the quarterly report to reach its destination on a given date and within a given time, then no officer could comfortably hold a commission which subjected him to trial by court without first giving him an opportunity to show that sickness, the United States mail service, or some other circumstance that he could not control made him appear guilty.

I feel that the authorities did not intend to place any officer in that hazardous position, and that they did not intentionally fail to make clear in the final order that I was guilty of no intentional neglect of duty.

Respectfully,

J. M. HARRIS.

A May Morning Reville.

(For the Dispatch.) The scintillating rays in the Orient sky. With rose tints tokened Aurora night; The robin's sweet note on the cauniness broke.

When swift as thought, from wing and throat, All feathered warblers in spontaneous gleo Responds with matin song to reveille.

Blue Ridge Springs, Va., May, 1897.

No. 10

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DYSPEPSIA,

Indigestion, Weak Stomach.

No. 10 corrects the Digestion. No. 10 tones up the Stomach. No. 10 makes the appetite keen. No. 10 prevents distress after eating. No. 10 relieves smokers' heart-burn. No. 10 steadies the Nerves. No. 10 removes liver spots. No. 10 gently assists Nature. No. 10 promotes health. No. 10 is only equaled in merit by

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Men's Imported Cheviots and Worsted, in the latest up-to-date patterns, handsomely tailored, either full or one half lined, the perfection of high-class workmanship. Would be cheap under ordinary circumstances at \$15. **Removal Price, \$8.75.**

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F. W. DABNEY, Agent,

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I have bought from the firm of Stephen Putney & Co. their entire stock of Infants', Children's, and Misses'

OXFORDS AND STRAP SLIPPERS,

in Black, Tan, and Ox-Blood. This is the best purchase I have ever made in this class of goods, and just at the time they will be mostly appreciated. The schools will all close in a few days and the children must have slippers for that occasion. Also, it is the commencing of warm weather, when slippers will be a necessity. The prices asked for these goods are just a little above one half their value. Below I quote you prices of a few styles.

ONE LOT OF INFANTS' TAN STRAP SLIPPERS, buckle and bow, 2 to 5, real value 60c.	THIS SALE, 20c.	ONE LOT OF CHILDREN'S PATENT - LEATHER STRAP SLIPPERS, buckle and bow, sizes 9 to 11, real value, 60c.	THIS SALE, 20c.
ONE LOT OF CHILDREN'S DONGOLA OXFORDS, extra toe, patent leather tip, nicely finished, and good wearers, sizes 4 to 8, real value \$1.	THIS SALE, 50c.	ONE LOT OF CHILDREN'S STRAP SLIPPERS, buckle and bow, in Black and Ox-Blood, sizes 6 to 8, little beauties, real value \$1.	THIS SALE, 50c.
ONE LOT OF CHILDREN'S STRAP SLIPPERS, in Tan and Black Dongola, extra nice quality, sizes 9 to 11, real value, \$1.25.	THIS SALE, 60c.	ONE LOT OF MISSES' PATENT - LEATHER SLIPPERS, buckle and bow, sizes 12 to 2, real value, \$1.	THIS SALE, 40c.
ONE LOT OF MISSES' STRAP SLIPPERS, buckle and bow, in Dongola and Ox-Blood, extra good quality, real value, \$1.50; sizes 12 to 2.	THIS SALE, 79c.	ONE LOT OF LADIES' PATENT - LEATHER SLIPPERS, buckle and bow, sizes 3 to 7, real value, \$1.25.	THIS SALE, 60c.

Please don't compare the above goods with odds and ends bought from trustee sales and run-down stocks which have been accumulating for the past twenty years, and, of course, are high at any price. Such shoes are only good to advertise, not to wear. See our Slippers, and you will admit that we have the inside track.

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